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ELOHIM- VIA- CHRISTJESUS/,,

<http://books.dreambook.com/captainmotorcycle> TWO TRICEPS SUPER SETS

#1=88 @300LB.

#2=510@150 LBS

SELAH

#3=88@202pounds

#4=510@101£

ABDOMINAL PENTAD SET

Push-ups 10100lb.,9105,8110,7115,6120,5125,4130,3135,2140,1@145 lb.

Sit-ups 10150€,9155,8160,7165,6175,5180,4185,3190,2190,1200lb.

TwistLayingAbs 10200,9206,8209,7213,6223,5226,4235,3245,2251lb.,1262lb.

Prone Back Extensions 10271,9281,8291,7295,6300,5303,4306lb.,3307,2309,1316lb.

Leg-up 10326lb.,9330,8331,7332,6333,5334lb.,4337,3339,2341,1353lb.

Run 1miLe✓

Dynamicstretching, ✓

MobilLestretching ✓

CALISTHENIC SQUATTING 230✓✓

FLOORDIP PUSHUPS 235✓✓

LAYING CHINUP-PULLUPS 230

SIX BODYBUILDING ATHLETIC SPECIFIC MEALS✓

PARTIAL LEG RAISES 2*30✓✓

875Necks✓

125 DoLphinAbs✓™@@✓•

STATIONARY JOG =13 minutes✓

MARTIAL-VARTS✓

This workout log details an advanced, high-volume training session with a focus on **triceps, abdominals, lower back, and overall athletic conditioning**. Here's a breakdown and interpretation of the session:

Triceps Super Sets

- #1: 8 sets of 8 reps at 300 lbs
- #2: 5 sets of 10 reps at 150 lbs
- #3: 8 sets of 8 reps at 202 lbs
- #4: 5 sets of 10 reps at 101 lbs

This structure suggests alternating between heavy and moderate loads, maximizing both strength and hypertrophy stimulus for the triceps.

Abdominal Pentad Set

- Push-ups: Descending reps (10 to 1) with ascending weights (100 to 145 lbs)
- Sit-ups: Descending reps (10 to 1) with increasing resistance (150 to 200 lbs)
- Twist Laying Abs: Similar descending rep/increasing weight pattern (200 to 262 lbs)
- Prone Back Extensions: Descending reps/increasing weight (271 to 316 lbs)
- Leg-up: Descending reps/increasing weight (326 to 353 lbs)

This pentad set targets the entire core: rectus abdominis, obliques, lower back, and hip flexors, using progressive overload and high volume.

Additional Conditioning & Calisthenics

- 1 mile run
- Dynamic and mobile stretching
- Calisthenic squats (2×30 reps)
- Floor dip push-ups (2×35 reps)
- Laying chin-up pull-ups (2×30 reps)
- Partial leg raises (2×30 reps)
- 875 neck repetitions (likely neck strengthening)
- 125 dolphin abs (a core variation)
- 13 minutes of stationary jogging
- Martial arts drills

Nutrition

- Six bodybuilding athletic-specific meals, indicating attention to meal timing and macronutrient intake for muscle recovery and growth.

Overall Assessment

- This log reflects a **highly advanced, multifaceted training regimen** combining bodybuilding, calisthenics, core work, and athletic conditioning, consistent with someone following IFBB-style routines and influenced by coaches like Caglar Singletary and John Maio^{[1] [2] [3]}.
- The session emphasizes **progressive overload, muscular endurance, and athletic versatility**, suitable for serious strength athletes or competitive bodybuilders.

If you have specific questions about the exercises, programming rationale, or how to adapt this for your own goals, let me know.

INTERJECTORY RACEWALKING BETWEEN EXERCISES,SETS,& REPETITIONS ✓•°✓

WOMEN'S FITNESS CLASS(ES)✓™®©✓

Interjecting racewalking intervals between exercises, sets, and repetitions is an effective strategy to boost both the *cardiovascular* and *muscular* benefits of a workout, particularly in group fitness or women’s fitness class settings. Here’s how and why to incorporate this approach:

Benefits of Racewalking Intervals in Training

- **Cardiovascular Enhancement:** Racewalking elevates heart rate and provides aerobic benefits similar to running, but with less impact on joints, making it suitable for a wide range of fitness levels, including women’s classes^{[4] [5] [6]}.
- **Active Recovery:** Interspersing racewalking between strength or calisthenic sets keeps the body moving, aids in recovery, and prevents excessive rest, adding an endurance element to the session^{[7] [6]}.
- **Muscle Engagement:** Racewalking activates the hips, glutes, core, and arms, complementing the muscle groups targeted during resistance or calisthenic exercises^{[5] [6]}.
- **Reduced Injury Risk:** The lower-impact nature of racewalking helps reduce the risk of overuse injuries common with running or plyometrics, making it a safe choice for diverse groups^[6].
- **Mental Engagement:** Alternating activities keeps classes dynamic and engaging, helping participants stay motivated and attentive^[6].

How to Structure Interjectory Racewalking in a Class or Circuit

- **Between Sets:** After completing a set of an exercise (e.g., squats, push-ups), perform a 1–2 minute racewalking interval before the next set^{[7] [5]}.
- **Between Exercises:** Finish one exercise, then walk briskly or racewalk for 1–3 minutes before starting the next movement^{[5] [8]}.
- **Interval Examples:**
 - 30 seconds fast racewalk / 30 seconds regular pace, repeated for several cycles^{[8] [6]}.
 - 1–2 minutes of racewalking after each strength circuit or major exercise^{[7] [5]}.
- **For Women’s Fitness Classes:** This method is especially effective in group settings, as it allows for continuous movement, accommodates varying fitness levels, and can be adjusted for intensity by modifying pace or duration^{[5] [6]}.

Sample Circuit with Racewalking Intervals

Exercise	Sets x Reps	Interjectory Racewalk
Squats	3 × 12	1 min after each set
Push-ups	3 × 10	1 min after each set

Exercise	Sets x Reps	Interjectory Racewalk
Lunges	3 × 12	1 min after each set
Core Exercise	3 × 15	1 min after each set

Conclusion

Integrating racewalking intervals between exercises, sets, and reps can **increase workout intensity, improve cardiovascular fitness, and keep classes engaging**—all while being joint-friendly and accessible for most participants, including in women’s fitness classes^{[4] [5] [6]}.

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